




Santa Maria Wellness Center (SMWC)
 225 E. Inger Drive Suite #101A
 (805) 928-0139



April 2026

Mon	Tue	Wed	Thu	Fri	Sat
<p>If you are interested in becoming a member, please call to schedule an orientation. https://www.t-mha.org/wellness-calendars.php</p>  <p>Transitions-Mental Health Association</p>		<p>1 <i>Open Hours 9-3pm</i> 10am Gratitude & Wellness 11am Talk & Thrive 12:30-2pm Spring Craft Group—Must RSVP!</p> 	<p>2 <i>Open Hours 9-4pm</i> No Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation 4-9pm SLO Farmer's Market—Must RSVP & Bring \$</p> 	<p>3 <i>Open Hours 12-9pm</i> 3:30pm Taking Action for Whole Health 6-8pm Bowl-A-Thon (Team Members Only)</p> 	<p>4</p> 
<p>6 <i>Family Services</i> 12pm Online Family Support Group For Information Contact: Maria</p>	<p>7 <i>Open Hours 10-3pm</i> 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p> 	<p>8 <i>Open Hours 9-3pm</i> 10am Gratitude & Wellness 11am Talk & Thrive 12:30-3pm Baking Group: Peach Cobbler—Must Sign Up!</p> 	<p>9 <i>Open Hours 9-3pm</i> 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>10 <i>Open for Event</i> 12-2:30pm Spring Luncheon -Must RSVP!</p> 	<p>11 <i>Open 4 Outing</i> Coffee w/ Friends in Morro Bay— Must RSVP & Bring \$\$ 10-3pm</p> 
<p>13 <i>Family Services</i> 12pm Online Family Support Group</p> 	<p>14 <i>Open Hours 10-3pm</i> No Food Bank Pick Up!</p> 	<p>15 <i>Open Hours 9-3pm</i> 10am Gratitude & Wellness 11am Talk & Thrive 1-2:30pm Calendar Planning—Everyone is Welcomed!</p> 	<p>16 <i>Open Hours 9-3pm</i> 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>17 <i>Open Hours 9-3pm</i> 10am Taking Action for Whole Health 11am Safety Drills & Protocols</p> 	<p>18</p>
<p>20 <i>Family Services</i> 12pm Online Family Support Group</p>	<p>21 <i>Open Hours 10-3pm</i> 11:30am Food Bank Pick-up RSVP by 5pm Monday! Front Room Opens @ 1pm</p> 	<p>22 <i>Open Hours 9-3pm</i> 10am Gratitude & Wellness 11am Talk & Thrive</p> 	<p>23 <i>Open Hours 9-3pm</i> 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>24 <i>Open Hours 9-3pm</i> 10am Taking Action for Whole Health 11:30-2pm Movie & Lunch</p> 	<p>25</p> 
<p>27 <i>Family Services</i> 12pm Online Family Support Group</p> 	<p>28 <i>Open Hours 10-3pm</i> No Food Bank Pick Up! 10-12pm Center Beautification & Lunch 5-8pm Grupo En Español Con/ Banco de Comida</p>	<p>29 <i>Open Hours 9-3pm</i> 10am Gratitude & Wellness 11am Talk & Thrive 1pm Walking for Wellness</p> 	<p>30 <i>Open Hours 9-3pm</i> 9:30am Stomping Out Anxiety 11am Nutritional Wellness 12:30pm Art Appreciation</p> 	<p>Center Hours, Activities, and Events are Subject to Change. Thank you!</p>	